

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: Neighborhood House

Goal: To expand pregnancy and parenting support services for adolescent women

For the period: October-December 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide direction, support, and guidance to grant funded staff; provide representation at required grantee meetings; Provide on-going reports as required; maintain data entry, data collection, and evaluation; work with staff to ensure expenses are within budget allowances		<p>Due to changes in Baby Talks staff over the summer, Program Manager organized meeting amongst Baby Talks staff, Community Impact Manager and Database Administrator to ensure all program data is being entered and accounted for accurately and consistently.</p> <p>Outreach tools (brochures and letters) were developed and updated with the intent of community distribution. Formal outreach plan is being developed amongst Baby Talks staff to encourage intentionality in recruitment efforts.</p>	
Outreach/ Hmong	Recruit program participants through internal program referrals, speaking to students at local schools, tabling at resource fairs and community organizations; communication with and posting fliers at neighborhoods, organizations and professional networking		Outreach were made at all Saint Paul Public High schools, Health Start Clinics as well as other clinics in Saint Paul area, Nonprofit organizations and through current participants. Outreach continues through Hmong national events, local farmers markets as well as word of mouth.	
Outreach/ Latino	Recruit program participants through internal program referrals, speaking to students at local schools, tabling at resource fairs and community organizations; communication with and posting fliers at neighborhoods, organizations and professional networking		Outreach was made at local high schools as well as Latino organizations and health networks. We continue to also use word of mouth as a method to hopefully recruit some participants.	

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Car Seat Program/ Hmong	Provide car seat education to all program participants	9	Car seat education was discussed during groups as well as home visits. Reviewed and watched participant safely secure baby in car seat. Talked about appropriate type of car seat for child's age.	P:4
Car Seat Program/ Latino	Provide car seat education to all program participants		Car seat education was discussed during home visits.	P:2
Case Management Services/ Hmong	Provide an individualized care plan with intake, assessment of needs, service planning, service plan implementation, service coordination, monitoring and following up; provide off-site visits, if needed	21	Case management services were provided in-home and onsite at Neighborhood House. Case management largely involved providing participants with various kinds of resources (particularly, information about MNSure) how to navigate health insurance systems and how to address health concerns. Helped participants with UCare transition to new health care offered through Ramsey County.	P:3/C:15
Case Management Services/ Latino	Provide an individualized care plan with intake, assessment of needs, service planning, service plan implementation, service coordination, monitoring and following up; provide off-site visits, if needed		Case Management was provided in homes. Many case management visits involved following up on previous visits to make sure participant's needs were met. Topics covered were related to health insurance and helping participants get insurance while pregnant and after child is born, various services the county offers and how participant can access them and winter safety for participants and their small children. Many discussions involved help accessing birth control options after child birth and making sure it was a birth control method the participant felt comfortable with, as opposed to accepting a method based solely off a doctor's suggestion. One participant talked about adoption as an option she wanted to consider further. Teen Parent Educator will follow up during next visit on what her thoughts were. Early childhood development was talked about as well as observing teen mothers interactions with children using the KIPS evaluation. Car seat training was provided during some home visits. Many of the home visits this quarter were the final ones for a number of participants, due to their children aging out of the program.	P:16/C:25

Crib Distribution/ Sleep Safety Education: Hmong	Provide crib and safe sleep education to all program participants	9	Crib safety and sleep safety were provided during groups and home visits. Review, learned and discussed safety of child sleeping in crib versus co-sleeping with child. Also discussion about pillows used in crib and heavy blankets.	P:4
Crib Distribution/ Sleep Safety Education: Latino	Provide crib and safe sleep education to all program participants		Not provided this quarter	P:0

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Life-Skills Education Program/ Hmong	Address life skills education through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round	108	Life-skills education was provided through case management, home visits, and weekly support groups held at Neighborhood House. Educational topics included nutrition, exercise, self-care, family planning, and healthy relationships. Also provided information on juggling school and baby. Talked about college and where to find information about colleges.	P:4/C:10
Life-Skills Education Program/ Latino	Address life skills education through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round		Life skills education was taught during home visits this month. Topics included winter safety, birth control and information related to county assistance and medical assistance. Discussed how and where to apply for assistance, and which documents are needed during the application process.	P:12/C:21
Nutrition/ Hmong	Provide nutrition education for teen parents; provide nutritional resources, referrals, and follow-ups through case management and assessment	9	Participants were offered nutrition education during groups and home visits. Talked about healthy food choices and appropriate foods for infant and child. Discussed nutrition when child and parents was sick and offered some websites to find healthy foods to prepare at home for family.	P:4/C:9

Nutrition/ Latino	Provide nutrition education for teen parents; provide nutritional resources, referrals, and follow-ups through case management and assessment		Nutrition education not provided this quarter	P:0/C:0
Parenting Education/ Hmong	Address parenting skills through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round	108	Parenting education was provided through case management, home visits, and weekly support groups held at Neighborhood House. Discussed child safety with appropriate dress code for cold weather. Also, offered occasional crafts to participant and child during group sessions to help parent see how child communicates and explore child's creativity.	P:4/C:11
Parenting Education/ Latino	Address parenting skills through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round		Early childhood development and reading with children was discussed and evaluated. Also car seat safety was discussed.	P:2/C:4
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Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	3	Two clients were given information upon program and was assisted with hospital visits but did not continue coming to group.	P:1
Transportation	Provide transportation services to participants to enable participation in program activities	9	Transportation was provided to and from group this quarter.	P:4
Maternal and Child Health Initiative Task Force Strategies				No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>				0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>				6

<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	0
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	0
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	4

Challenges:

Hmong: Primary challenge occurred as many participants recently exited program due to child's age. Baby Talks staff attempted outreach at various St. Paul High Schools and other community agencies. Another challenge was staying connected to participants during winter months, as some participants were hesitant to taking child out in cold weather. Baby Talks intern completed work with program in December, so some of December was spent readjusting program tasks and processes.

LATINO: Challenges were starting a new group since all of the participants had children that turned one year of age, thus, aging participant out of program. Groups were regularly scheduled and a few participants agreed to attend and then canceled within 30 minutes of group start time. These participants were more interested in receiving individual home visits instead of attending group. We have been conducting a lot of outreach to High Schools in St. Paul, but it was difficult to get in touch with school administrators over holiday season.

Comments:

Hmong: Baby Talks program was successful in connecting with LEAP and GAP High Schools in December 2015. Groups began at LEAP High School in December 2015 and groups at GAP began in January 2016 (will detail in next report). Groups on site at Neighborhood House are on pause for a short while until qualifying participants are found and willing to attend. Continuing to meet with qualified participants during home visits to assist individual needs and encourage them to attend groups at Neighborhood House.

LATINO: Continuing to reach out to area high schools and local organizations to reach more participants. Number of participants served has grown since December 2015, as we have begun offering Baby Talks groups in GAP High School. TPE will also continue to brainstorm more effective methods to reach out to schools. Outreach will now be conducted as a team with the manager and the Hmong TPE.